

Reiki Meditation

What Is Reiki Meditation?

Reiki Meditation is a process of healing a body but mostly people confuse the term meditation with prayer. The two terms are actually very different. As a simple explanation, when we pray, we are attempting to talk to God. We are asking God to give us what we want. Meditation is when we take the time to actually find out what God is trying to say. Reiki Meditation is an important tool for centering and calming the body, mind, and soul.

Reiki Music

What is Reiki Music? How does Reiki Music work?

Reiki music is a special form of music that is generally used with other Reiki healing practices, although it can also be used for meditation and personal use. The music used in Reiki Healing is not necessarily a genre of music, but is instead any type of music either written or used with the express purpose of creating a broader sense of personal calm and relaxation. Reiki music is often very sedating, lacking harsh notes or sudden changes in sound, and will usually be played quietly.

Including with Reiki healing practices, Reiki music is generally used to help a person relax and aid the person in entering a meditative or charm state. This can be done with Reiki healing or apart from a healing session, often helping a person enter into a deeply comforting, meditative state. During Reiki healing, this type of meditative state may help a person in receiving greater beneficial effects from the actual physical healing process, or it may simply help a person relax and overcome stress.

Reiki healing is a healing practice in which aid is gained through the touch of a Reiki master or practitioner. The basic idea in this is that a Reiki master can control channels of energy that flow throughout a person and by doing this he/she can physically affect a person's well being. Reiki music will frequently play during this type of healing session, and the music will create a soothing background sound that allows a person to gently enter into a calming or meditative state.

The use of Reiki music can go far beyond Reiki healing sessions, however, since it can also be used in a person's home or at work to help him or her relax or played during meditation. Since this music is generally very calming, it can also possibly help others calm down or relax in an environment where the music is being played. Some exponents of Reiki music even told that its beneficial effects can be felt by animals as well. If someone has a pet that seems to be feeling high levels of stress or anxiety, then he or she may want to try playing this kind of music to help the animal calm down.

To play Reiki Music while Reiki Healing process, the music should be played in low volume and it consists of soothing instruments and notes. There will not usually be any abrupt changes in pitch or tone, allowing the music to play and flow smoothly and naturally between movements. Normally Reiki music does not have any vocals, or the vocals will be very light and may include chanting, often with no real lyrics and instead using the voice as another instrument.